

# Camp Can-Aqua



## Program Guide!

and Information  
Package

A world where our future leaders come and thrive!

Since 1981



Summer Camp can be... Can-Aqua

# About Us

## Our Staff

At Camp Can-Aqua, we take great pride in the staff that move our community forward. Our Counsellors are child-focused, and celebrate the achievements of each camper while encouraging them to progress at their own rate. As they are part of a community that supports independent growth in a safe and welcoming environment, our counsellors understand the importance of being both a positive role model and a friend. Most of our staff team has grown up at Can-Aqua. This ensures that your child will be welcomed into a community that is consistent and dependable, making it a place that they can grow to rely upon.

At Can-Aqua, staff training is extremely important. We seek to meet and exceed the Ontario Camps Association standards. All staff responsible for specific areas are qualified in those areas. As a minimum standard, staff are required to hold current First Aid and CPR. Staff who Lifeguard are required to hold their National Lifeguarding Level (NLS). Parents can feel confident that their campers are being well taken care of by caring, qualified and compassionate staff members.

## Our Site

Camp Can-Aqua is a little slice of perfection! Our facilities are rustic and traditional, yet well maintained and current. Situated inside over 200 acres of stunning Ontario landscape, our site has been carefully designed and built to blend into the nature around us. Although our greatest feature is our stunning private lake, the property also includes a maple bush, walking trails, bike trails, and a cookout site.

## Health & Food Service

Camp Can-Aqua is committed to ensuring our campers are safe and healthy while at camp. As a result, we strive to provide a Doctor or Registered Nurse on site during every session. In addition, Can-Aqua is fortunate to be located within a 15 minute drive to hospital services in Bancroft.

Being healthy means eating healthy. Each year our menus are reviewed by a registered dietician to ensure we are meeting and exceeding the guidelines set out by Health Canada. Our food service is child focused, homemade and nutritious.

In addition to the three meals served daily, Can-Aqua also offers campers access to a fruit bowl if they get hungry in between meal times.

## Our Mission

*To provide an exceptional camping experience that encourages kids to challenge themselves, to take safe risks and to develop social skills that will benefit them as they grow.*



# Programs

## Water

Ins *Instructional*  
Rec *Recreational*

### Swimming (Ins)

At Can-Aqua, swimming is a big part of camp. Taking lessons at camp is a terrific opportunity for parents to take advantage of the inclusive nature of the programs. Our swimming instructors follow the Red Cross Swimming Program, and we certify levels just as they would be done at your local pool. Campers who are enrolled at camp for a month have the opportunity to work towards more advanced levels such as Bronze Medallion and Cross.

### Canoe (Ins)

One of the timeless traditions of summer camp, the canoeing program offers campers the opportunity to develop skills that are centuries old. In a fast paced world, the art of paddling is both reflective and challenging. Campers who excel in canoeing have the opportunity to present their skills to the community at the end of the session in our "Beaver Lake Boat Ballet".

### Kayak (Ins)

Kayaking is a great way to explore Beaver Lake and get comfortable navigating on your own! The Kayak program is geared towards providing campers with the skills needed to successfully navigate running water. Campers will learn paddling techniques, safe exits, and rolling. Once campers develop their skills and are able to roll confidently, they have the opportunity to shoot rapids in a safe and exciting excursion to running water.

### Sailing (Ins)

Our Sailing program at Can-Aqua focuses on providing campers with the basic skills and experience to safely operate a sailboat. With the use of Lazars and other small boats, we teach the sailing theory needed to succeed, but encourage the kids to just get out and try. Because Beaver Lake is enclosed and private, our environment is ideal for kids to learn. (Ages 11+)

### Windsurfing (Ins)

With Sails and boards of all sizes and shapes, campers interested in learning this skill are guaranteed to get up on their boards. Windsurfing can be a very challenging activity. At Can-Aqua we strive to make this learning fun! (Ages 13+)



### Wakeboarding & Water Skiing (Ins)

Whether it is your first time up on skis, or you are gaining new skills by learning another trick, water skiing and wakeboarding are always exciting. Our highly qualified and experienced instructors/boat drivers make learning fun and SAFE. Beaver Lake provides perfect water conditions for beginners, slalom, slalom course, tricks, and show stunts. Camp Can-Aqua makes use of the Ontario Water Skiing Association Award System.

### Snorkel (Rec)

Explore Beaver Lake from a new perspective: underwater! This program teaches campers proper diving and entry into water, effective breathing and gives them an opportunity to work with snorkels and fins. With some instruction, much of a Snorkelers day is spent exploring Beaver Lake as they navigate through obstacle courses, or go on treasure hunts. Sign up for a Snorkel Hike to adventure to another part of the lake where past explorers have found all sorts of treasures, from lost sunglasses, to an old bicycle. Snorkel makes swimming fun!



### Sponging (Rec)

Sometimes, kids need something a bit more creative and a bit less formal. Sponging at Can-Aqua is an activity that is water based, but totally crazy! From Watermelon Polo and Lake Jousting, to Slip and Slides and "Challenge of the Trenches", this activity appeals to kids who like playing creative games in the water.

# Programs



## Land

Ins *Instructional*  
Rec *Recreational*

### Mountain Biking (Rec)

With access to over 300 acres of stunning Ontario Landscape, Mountain Biking at Can-Aqua is a great way to spend some energy while being outside. Campers can enjoy rides on one of our many trails and pathways at camp that range in difficulty. While campers are welcome to bring their own bikes, equipment is available at camp for this program.

### Archery (Rec)

Whether your goal is to be Robin Hood or Katniss Everdeen, Archery is a popular spot at Can-Aqua. Especially for our younger campers! The strength of our archery program comes from the patient & knowledgeable staff as well as the unique and well-structured award system.

### Discovery (Ins)

At Discovery, campers have the opportunity to learn about the world around them. Campers will examine the landscapes of Can-Aqua, investigating tree species, animal life in the area, and the environment. Kids engage in leaning and playing in the world around them. They even have an opportunity to make their own maple syrup! The Discovery Program caters to all ages and directly links to both the Can-Aqua Tripping and Campcraft philosophies.

### Team Building (Rec)

Campers are welcome to join into this program that is designed to offer campers a new challenge or obstacle each day. Whether it is being challenged to navigate elements in our ropes course, or working to create the longest line of clothing, this leadership/team-building based program is sure to offer creative challenges to campers on a daily basis.

### Camp Craft (Ins)

Learn skills to survive and thrive in the wilderness. Collect and arrange kindling, tinder and fuel to start your first five-minute fire, then graduate to building bigger flames and cooking hot chocolate and macaroni. Explore the woods to mark your own trail, then learn to navigate your way through the Can-Aqua orienteering course with a compass. By your final award, you'll have been trained to spend an evening of camp proving your survival skills by building your own shelter and cooking your own dinner. Learning the way of the woods and how to harness all of the natural environment's potential will help make you a camping expert – eager and ready to explore with ease. *\*Due to safety considerations, Camp Craft is open to campers ages 12 or older\**



# Programs

## The Arts

Ins *Instructional*  
Rec *Recreational*

### Arts & Crafts (Rec)

Every day is a surprise at Arts and Crafts – from creating picture frames to the friendship bracelets that will be on campers' wrists for months to come. Arts and Crafts offers a relaxed atmosphere, making it the perfect place to stimulate your artistic side. Creativity reigns supreme, so come and get started on your very own masterpiece!

### Wood Working (Ins)

Woodworking at Can-Aqua provides fun for all ages, as campers take a piece of lumber and shape it with their vision and growing skills. Our dedicated and knowledgeable instructors supervise campers and help them safely realize their artistic potential as each child finds happiness in seeing their ideas come to life.

Imagine a workshop headed by a cheerful man with a big white beard. No, it's not the man from the North Pole, but Al King, woodworker extraordinaire! Transform an ordinary block of wood into a paddle, stool, spoon, or xylophone, and take home something unique that you can use throughout the year.

### Guitar (Ins)

Camp is a perfect place for kids interested in guitar. New campers thrive in the patient and supportive environment that seeks to teach kids the basic needs to play acoustic guitar. For more advanced musicians, the program provides the opportunity to excel in your skills and help those who are learning to excel. There are endless opportunities to play for the community at camp, so musicians of all skill levels can be confident that they are in a supportive community that just wants to hear them play!

### Fine Arts (Ins)

For those campers who are seeking more challenging artistic projects, Fine Arts provides kids instruction on projects which include glass etching, mosaics, paper mache, canvas painting and sculpting. The program makes use of some of our most artistic staff members and is a session offering diverse challenges in the creative realm.

### Hollywood Film (Rec)

Geared as an introduction to filmmaking, the production value and end results of this program are nothing like Hollywood...but also nothing short of brilliant! This beginning film program challenges campers to wear the many hats needed to create a successful short film. From filming and technical support to acting and directing, kids get a chance to see it all. Not only that, we make sure the final cut is screened to the entire community on the last day of camp.

### Photography (Rec)

For the up and coming Paparazzi in the world...Camp is built around friendships and memories that last a lifetime. Photos are the perfect way to capture and share that magic! Campers experience every step of the classic photography process, from framing their shot, to enlarging negatives, and even developing their own prints on photo paper. Our highly skilled instructors are dedicated to showing children the art of photography and development in a safe and fun way. Beginner photographers learn quickly and walk away from the experience with brilliant photographs to share with friends and family. As campers return to photography over the years, they "develop" a range of deeper skills, which they can transfer to the digital photos they take throughout the year.

### Theatre Arts (Rec)

For those looking for an opportunity to perform, Dramatic arts is it! Campers will be engaged in theatre-based games and challenges, while working to put together performances for Can-Aqua's talent night. Occasionally, if the group is up for it, we also mount a small play for the camp audience.



# Summer & more!

## Session Descriptions

Note: Juniors are 6-8 years old  
Intermediates are 9 - 11 years old  
Seniors are 12 - 15 years old

### 2 Week Session

Two week sessions are the norm at Can-Aqua. Campers are divided into one of our three sections (Junior, Intermediate, Senior), and placed into cabins by gender, age and cabin request. Offering campers a "choose your own experience", at Can-Aqua kids will select four activities of personal interest on a daily basis. Sign-ups take place at dinner each night, and cabins rotate through one at a time. Exceptional instruction each day is simply the starting point of the camper experience. Every evening, campers can look forward to a variety of other programming opportunities that engage the community as a whole. From Wide Games and theme meals to campfires and cookouts, campers are engaged from sun up to sun down. During two-week sessions, Intermediate and Senior campers have the option to participate in a one or two day out-trip (based on section). After a busy two weeks, our session finishes with the Can-Aqua Games. This two-day competition divides our campers by family into one of four teams, as they engage in friendly competition in hopes of winning the coveted Can-Aqua Cup.

### July & August Camp

For our more veteran campers, the month program takes the excitement of the two-week session and doubles it! While being at camp longer is a huge factor for kids who participate in this program, a key benefit from spending four weeks at camp is that the added time serves to enhance your camp relationships and provides an opportunity to excel and advance in skill development. In addition to the options available in the two week program, month campers have the opportunity to take advanced swim levels (Bronze Med – 13yrs, and Cross 15 yrs) and participate in a more advanced out-trip experience ranging from 3 to 4 nights (based on the interest of the group). Halfway through their time at camp, month campers will enjoy the specialized changeover program that takes them outside of camp to participate in a wide variety of outdoor adventures, different than any other offered at camp.

### 1 Week Session – Introduction to Camp

Our 1 week program serves as an introduction to the camp experience. Typically a 'younger' session, this week-long program provides campers with an opportunity to try all the camp has to offer. Through daily sign ups and cabin based rotations, campers are able to hand select half of their days activities while participating in cabin rotations that will cover all the major programs at camp. The week is a condensed version of the two week program and includes many highlights of the Can-Aqua experience including, camp wide games, Theme Day, and of course, the Can-Aqua Games.

### Scamper Camp – Camp for Your Little Ones!

Scamper Camp runs throughout all summer sessions at Can-Aqua and focuses on campers 6 & 7 years old. At Can-Aqua we recognize the benefit of having additional care for our youngest campers. When a child registers for Scamper Camp, they are signing up for the summer experience like everyone else, but will be additionally supported by the staff team on a day to day basis. This small and special touch goes a long way in guiding and supporting our young campers and helps them develop their confidence and independence at camp.

### Family Camp

Imagine all of the fun your children get to have at camp ... and then imagine that you get to experience it, too! Our Family Camp program takes place over a long weekend, and it's a great time for families of all sizes to enjoy camp together. Parents and children sleep in cabins together, and choose programs to take part in over the course of the weekend. Get ready to learn our dining hall cheers and campfire songs – we can't wait to share them with you.

### Spring Camp

Spring Camp is a fantastic taste of camp for new campers who want to try us on for size, and for veteran campers who can't wait for the summer to get back to camp. We run a traditional camp program over a long weekend, with all of our most popular programs packed into a weekend that campers won't soon forget.

### Alumni

Camp friendships can last a lifetime, and what better place to catch up and relive the glory than back at camp. Join us for one of our Alumni weekends, where we'll put you to good work helping us open up or close down the camp. Your reward will be a glowing campfire and great celebration at the end of the day, surrounded by good friends and familiar faces.

### Maple and Sapping

Maple Syrup is a big part of Can-Aqua Culture! An Ontario tradition that only a lucky few get to experience! Each spring, when the sap runs, we run with it as we work to gather the sap from our maple forest and turn it into delicious maple syrup. If you're interested, let us know. Volunteers are always welcome. While the work can be hard, we're sure to wake up to pancake breakfasts, and close out the nights with a great campfire.



# Policies & Procedures

## Application

Applications for summer camp are accepted on a first come, first serve basis. Space for the July and August Leadership programs (15&16 yr old) is limited, and based on an application basis. An application (with appropriate deposit, see below), including Medical Information and Parent Questionnaire, must be completed for every new camper. Upon receipt of a camper application, a letter of confirmation and invoice for the balance of fees will be sent to you.

A detailed Camper and Parent Information Package is sent out to families in May.

## Deposits / Refunds / Cancellations

Deposits:           \$ 175 per child for 1 week  
                          \$ 300 per child for 2 weeks  
                          \$ 500 per child for 4 weeks  
                          or longer.

The appropriate deposit must accompany the application. The remainder of the camp fee, including applicable taxes and optional bus / airport transportation fees, are due May 15. All deposits are refundable up to April 30, less a \$ 100 non-refundable administration fee. After April 30, there are no refunds for any reason, except where the camp can fill your space. Can-Aqua accepts payment by Visa or Mastercard (Payments in full or deposits only), by cheque or by direct deposit. Please contact the Camp Registrar for direct deposit information. Laundry expenses are included in your camp fees. Families are responsible for any extra expenses made by the camp on your child's behalf (i.e. medications, sanitary supplies, diapers, wipes, etc). There is no reduction in fees for campers arriving late or leaving early.

## Cabin Mate Requests

Can-Aqua is proud to guarantee all requests that are two sided (both campers request each other). Cabin mate requests must be made at the time of application. If campers are of different ages, as a general practice, Can-Aqua will place both children into the younger aged cabin. Campers are not permitted to move above their age section at camp, regardless of any cabin mate requests.

## Camper Discharge

The Camp Director reserves the right to dismiss any camper, who in his opinion, feels it is in the best interest of the camper, the camp and / or both. In this event, any refund is at

the discretion of the Director.

Any camper who wilfully damages camp property or the property of other campers will be held financially responsible for any damages or loss thus caused. Dismissal as a result of this type of behaviour will not be subject to refund.

Camp Can-Aqua is proud of our Zero Tolerance policy regarding tobacco, alcohol and non-medicinal drugs. Any camper or leadership candidate found in possession, consuming or storing of tobacco, alcohol or non-medicinal drugs will be sent home with no refund in fees.

## Property Damage, Loss or Theft

Camp Can-Aqua is not responsible for the damage and loss of personal belongings. While we try very hard to ensure your camper comes home with everything, we suggest parents send their campers with older, practical clothing that suits the outdoor environment. At camp, kids will get dirty and be active. Dress accordingly.

## Promotional Materials

At Can-Aqua, images say a thousand words. As a result, we reserve the right to use photos, videos, or digital images of your children at camp in our marketing and promotional material. If you don't wish that your child's image is used in this manner, please submit a letter in writing to the Camp Director expressing this concern when registering.

## Camp Can-Aqua & the Environment Biodegradable Soap Policy

Can-Aqua requires all campers and leadership candidates to bring biodegradable soap and shampoo to camp. Any toiletries brought to camp that are not fully biodegradable will be confiscated. The camp tuck shop is equipped with a line of biodegradable products, should any parents be uncertain of the proper products to purchase when packing for camp.

## Health and Safety

Camp Can-Aqua is committed to a high level of health care for campers while at camp. Our Health Centre is staffed with either a doctor or registered nurse for the entire duration of each session. These experienced medical professionals live on site and are available in the Health Centre 24 hours a day. Can-Aqua is also fortunate to be located 15 minutes from hospital services.

## Lice @ Camp

As a result of the potential risk of spreading lice within a camp community, any child that arrives to camp with lice may be sent home immediately without refund, and can return only after successful treatment and removal of all lice and eggs. Please check your child for head lice before you send them to camp to prevent the spread of this pest. If you are in the processes of treatment, please contact the camp, so that a suitable follow-up can be arranged for your child when they arrive.

## Transportation

Transportation arrangements must be made at the time of application. There is a fee for both bus and airport transportation service. Please refer to the camp application for details. Camp Can-Aqua staff will supervise campers on chartered buses from Toronto and Ottawa. Arrangements must be made for direct pick-up / drop-off of campers at Toronto International Airport. Camp Can-Aqua staff will greet your child on arrival and will accompany your child during departure including completing all required services for unaccompanied minors.

## Food & Tuck

Bringing or sending ANY FOOD to camp is not allowed. One of the endearing features of camp is our setting in nature. The local wildlife have very sensitive noses and can smell even the tiniest amounts of food. Storing food in cabins is not allowed as a result.

The Tuck Shop is the home of all camp clothing, stationary, toiletries and camping needs (batteries, stamps, etc). We also stock a wide selection of appropriate tuck candy as snacks for campers. Information about setting up your child's tuck account will be circulated in the spring.

## Family Incentive

Camp Can-Aqua is committed to supporting families that support us! For this reason we offer a \$50 discount on your second child, \$75 off your third and \$125 off your fourth. It may not be much, but it is a little something to help recognize your commitment. Family discounts apply only to direct family (brothers and sister). All children must reside at the same address and registration must be received in same package to qualify for the incentive.

# General Info

## The Can-Aqua Tripping Approach

Tripping is a fundamental experience for kids that is a terrific way to help connect them to the environment they are a part of. While Can-Aqua strongly believes in the value of the program, we also believe that campers and parents should have the ability to make a decision regarding participation in an out-trip. The out-tripping schedule is determined at registration and scheduled prior to the beginning of the camping season. For campers grades 1-3, a junior overnight is offered on the other side of our lake. Campers in grades 4-6 have the option of participating in a one night/two day trip, where they hike to a back lake in the area and enjoy some cabin-based time. Campers in grades 7-10 can choose to participate in either a one night hiking trip or a two night canoe trip that typically takes place in Algonquin Park. Can-Aqua is proud to be a supporter of the "no impact" approach to tripping experiences as we encourage campers to develop outdoor skills and a more in-depth understanding of their place in the environment.

## The Louis Gyori Foundation

In memory of our Founder, Camp Can-Aqua has established a foundation that focuses on providing subsidy to children in Ontario who may not be able to attend summer camp without financial support. For over 30 years, Louis spent his career devoted to enriching the lives of children through camping and outdoor education. His foundation now seeks to provide the Can-Aqua experience to a select few campers each session.

## The Can-Aqua Games

The Can-Aqua Games take place over two days each session as each camper is placed on a team based on one of the earth's critical elements. This team then becomes their 'home' team as they return each year to compete and represent it. During these games, the campers, divided into their teams, will compete in a wide range of challenges in hopes of winning the session's pennant for their team. Activities during this program are both athletic and artistic/creative, which ensures that all campers are engaged and involved in what is a definite highlight of the session at camp.

Camp Can-Aqua is located in the eastern quadrant of The Haliburton Highlands minutes from the town of Bancroft.

Situated on over 150 Acres of property, with a large private lake in the middle, our site is only the starting point for your child's unforgettable experience.



# Camp Can-Aqua



[www.canaqua.ca](http://www.canaqua.ca)

### Information Offices

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# Totally Amazing!